

# ACTON SENIOR CITIZEN NEWS

SENIOR CENTER: 978-264-9643

## Summer 2004

The COA Office/Senior Center is open weekdays 8 AM-5 PM.

**The mailing address for the COA is: Town Hall, 472 Main St., Acton, MA 01720**

The Acton Council on Aging Board will meet on Wednesday, June 9<sup>th</sup>, at 4:30 at the Senior Center, 50 Audubon Drive, S. Acton. All are welcome.

### Calendar of Summer Events

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**A warm welcome to all Acton seniors who are receiving this newsletter for the first time!** We have recently updated our mailing list from the current Acton census. We hope you will find something that interests you and will plan to visit the senior center this summer.

The Friends of the Acton COA will send you a welcome letter this summer and include the File of Life, an invaluable document which helps you keep current medical information available in case of emergency and which is required to be carried with you on all of our trips. We encourage you to fill it out and update it at least twice a year.

**We want to remind all Acton Seniors that this is a three-month newsletter**, so please hang on to it until late August, when your September newsletter will be mailed. **If you are going to be away in August PLEASE call us so that we can hold your September newsletter here at the COA office for you.**

If you are planning summer vacations, you have our best wishes for safe travels and good visits with family and friends. If you are staying in town, please remember that the air-conditioned senior center is open Monday through Friday. Come and visit us!

Best Wishes,

*Jean, Barbara, Carol, Debby,  
Ron & Steve  
Council on Aging Staff*

### **MINUTEMAN MEAL SITE**

Minuteman Lunch is served Monday through Thursday at 11:45 a.m. Requested donation is \$2.00. To sign up for lunch, call 978-263-5053 by 11:00 the day before you wish to come. (Call the COA at 978-264-9651 for transportation.) If you are unable to come, please call to cancel your meal.

The June Birthday Lunch will take place on Wednesday, June 9<sup>th</sup>, July's Birthday lunch on Wednesday, July 14<sup>th</sup> and August's Birthday Lunch on Wednesday, August 11<sup>th</sup>. If your birthday is in any of these months, please come for a complimentary lunch.

**Join us for a special Father's Day lunch on Wednesday, June 16<sup>th</sup>, Independence Day Special on July 1<sup>st</sup> and Summer Special Lunch on Wednesday, August 11<sup>th</sup>! Call to reserve at least 24 hours ahead!**

### **The Grill Will Be Hot!**

**Tuesday, July 27<sup>th</sup>, 11:30 a.m.**

Join us at the Acton Arboretum for a **summer barbeque** provided by Minuteman Senior Services and **served at 11:30 a.m.** We will enjoy hamburgers and hotdogs together and then tour the Arboretum's various gardens and pathways under the direction of Tom Tidman, Director of Natural Resources. The suggested donation is **\$2.00 and reservations need to be made by calling the Minuteman Mealsite by 11:00 a.m. Monday, July 26<sup>th</sup>.** In case of rain the lunch will be served on the same day but moved to the Senior Center on Audubon Drive.

### **Men's Breakfast**

**Friday, June 11<sup>th</sup>, 9:00 a.m.**

**Last get together before summer!**

**Marcia Rich and Doug Halley will present information about the Acton archaeological site "Pine Hawk"**

**Please call the COA office by Wednesday, June 9<sup>th</sup>, for a reservation; \$2.00 donation.**

### ***You scream, I scream!***

Come for home-made ice cream sundaes on **Wednesday, July 21<sup>st</sup>, and Wednesday, August 18<sup>th</sup>, at 12:30** in the Senior Center dining room! Compliments of the Friends of the COA.

### **Friendly Visitor Meeting**

***No formal meetings for the summer!  
Enjoy the wonderful weather while you can!  
Call Carol if there are any changes in your regular schedule and always when you encounter any situations to talk over.***

### **Come be Fashionable!**

**The Dress Barn, Powdermill Road  
Tuesday, June 29<sup>th</sup> at 2:00 p.m.**

The Dress Barn of Acton has kindly offered to host a fashion show for Acton and Concord seniors! In order for this to be a huge success we need several Acton senior ladies (no modeling experience required!) to offer to model outfits provided by the Dress Barn. Guests of the fashion show will receive a 10% discount that day and models will receive a 30% discount on any purchases at the store. Please contact the Acton COA office to sign up for this event, as seating is limited, and to offer to be a model. This event is free, no purchase is necessary and light refreshments will be served. Call (978) 264-9643 to reserve a spot.

### **ASK THE LAWYER**

**Attorney Leslie Madge**, a certified Elder-Law Attorney, offers **20-minute** private legal **consultations** by appointment at no charge to Acton seniors. Attorney Madge will be at the Senior Center **Wednesday June 23<sup>rd</sup> and Tuesday, August 24<sup>th</sup>, from 1:00-3:00.**

Call the COA office to schedule a consultation.

### **A Birthday Celebration!**

**Wednesday, June 9<sup>th</sup>, at 12:45 p.m.**

Come along to the Senior Center to enjoy some "old favorites" and sing along to tunes we all know and love! **Entertainer John Root** will play the flute, clarinet, saxophone and sing along while accompanying himself on the piano. Although a celebration of Dads, this program is for everyone! No need to sign up, **please come and bring a friend!**

### **Bingo is Back!**

Join us on **Tuesday, July 13<sup>th</sup> and Tuesday, August 17<sup>th</sup>**, as we play BINGO for fun and small prizes! The games start at 12:45 and we will play until 2:00. Come along and join the fun; the more the merrier!

## **EXERCISE PROGRAMS**

### **\*\*\*\*\* Aerobics Registration\*\*\*\*\***

#### ***Important: All students please note!***

Check calendar for days the Center is closed.  
**No class on Friday, June 18<sup>th</sup> and 25<sup>th</sup>.** Each aerobics class will meet **once a week in July.** Tues/Thurs will meet only on Thursday, July 1<sup>st</sup> (not June 29<sup>th</sup>) and Wed/Fri will meet only on Friday, July 2<sup>nd</sup> (not Wed, June 30<sup>th</sup>).  
**No aerobics classes in the month of August.** Information about sign ups for all fall exercise classes will be in the September newsletter.

#### **AEROBICS with Terri Zaborowski-Senior Cardio-Flex:**

**Tuesday & Thursday from 9:00-10:00 or Wednesday & Friday from 9:00-10:00 –**  
*Please note date changes above.*

Warm-up and stretch, aerobics and muscle conditioning then cool down segment.

#### **Beginner to Intermediate Stretch-Flex:**

**Tuesday & Thursday from 10:15-11:15**

*Please note date changes above.*

Same as above, but at a lower-impact level.

### **Gardening Group**

**The Butterfly Place, Westford, MA**

**Tuesday, June 22<sup>nd</sup> at 12:30**

The Gardening Group invites you to enjoy a guided tour at The Butterfly Place in Westford on **Tuesday, June 22<sup>nd</sup>**. A carpool will leave from the Acton Senior Center at **12:30** for a 1:30 program. **Cost is \$4.50 per person** and is due at the time of sign up. Please stop in to the Senior Center to register for this outing and to pay the tour fee.

#### **Line Dancing with Diane Starr**

**Thursdays from 1:00-2:00**

Come join Diane as she brings together fun dance steps, music and a bright spirit to get the group moving! Classes on **Thursdays, through June 17<sup>th</sup>.**

### **The Police Academy**

The Police Academy's eight-week sessions are designed to educate and inform citizens about the inner workings of our police department as well as the legal and judicial systems. Classes run **through Wednesday, June 16<sup>th</sup>, 1:00 – 3:00 p.m.**

## **COA GROUPS AND CLASSES**

**MONDAYS – Bridge Class –10:00-12:00** each Monday for class and continuous play. The next session runs **through June 28<sup>th</sup>.**

Throughout the summer months you are welcome to join **“drop-in” bridge every Monday from 10:00-12:00.**

**Watch the September newsletter for details about a new, Beginner Bridge Class.**

**Choral Singing – Monday, June 14<sup>th</sup> and 28<sup>th</sup> at 12:30.** We sing for *FUN* and have a great pianist and song leader. Join us!

**MONDAYS AND FRIDAYS - POKER: 1:00;**  
**new players welcome!**

**“The Bookies”** book group will take the summer off and resume sessions at **1:00 p.m., Monday, September 20<sup>th</sup>.** Note the change to the **third Monday of the month.** September's book choice will be e-mailed to members and posted on the COA bulletin board, with copies available at the COA. Happy summer reading!

**WEDNESDAYS – “Elements of Drawing” with Cynthia Durost–** from **9:00 to 10:30 a.m.** The use of line, shading, contour and perspective to render still life and landscape. Presentation of a variety of drawing techniques with pencil, pastel and Conte crayon. **Classes run through June 23<sup>rd</sup>. Class full.**

**✂Acton Senior Quilters✂**  
**WEDNESDAYS, 10:15 to Noon:** Self-directed quilting group meets to work on various projects. Quilters of all levels are welcome.

**Ping-Pong/Pool:** every day after 12:30. We are always looking for new players! Please check COA calendar for schedule conflicts in the dining room.

**Knit & Crochet:** Join us at **12:30 on Wednesday, June 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> and every Wednesday in July and August,** as we work on our needlework projects and share ideas.

### **Genealogy Group**

The Group will meet on **Friday, June 11<sup>th</sup> and 18<sup>th</sup> at 1:30 p.m.** Please join this inquisitive group in the Senior Center living room. **Future dates: July 9<sup>th</sup> and 30<sup>th</sup>, and August 20<sup>th</sup>.**

### Volunteer Spotlight

*The Acton COA celebrates our volunteers at a  
Breakfast Reception in their honor*

*At the*

*Acton Senior Center*

*Friday June 18<sup>th</sup>*

*9-11 A.M.*

*COA Board and COA Friends*

*Senior Center Office Volunteers*

*Choral Group Leaders*

*Computer Teachers*

*Friendly Visitors*

*Handymen*

*Knitters/Yarn Keepers*

*Librarians*

*Men's Breakfast Corps*

*Newsletter Mailers*

*Quilters*

*Indoor and Outdoor Gardeners*

*SHINE Counselors*

*Wheel-A-Meal Drivers*

*Personal Drivers*

RSVP by June 11<sup>th</sup> at 978-264-9643

### Lots of COA Volunteer Opportunities:

*Wheel-A-Meal Drivers*

*Volunteer Drivers*

*Handymen*

*Newsletter Mailers*

*Office Support*

*Workshop Leaders*

*Group Leaders*

*Ladies Lunch Corps*

**AND MORE!**

Currently we are looking for more **weekday volunteer drivers** to help people get to appointments or places not served by our van **and office support** to answer phones and do basic copying and other office tasks.

And we are **always** looking to add to our **Wheel-A-Meal Drivers** for both regular drivers and substitutes.

Please call for more information.

**Call Carol Steiner at the Council on Aging with questions and/or to volunteer.**

### Widows and Widowers

**Friday June 4<sup>th</sup>, July 2<sup>nd</sup> and August 6<sup>th</sup>  
1:30- 3:00**

Recent widows and widowers are welcome to attend our informal group. Group members share experiences on losing a partner of many years and how to cope with all of the changes.

Co-leaders are Carol Steiner and Steve Baran. Please call the COA if you have any questions about the group or would like to join us.

### Calling All Artists!

We have a new art hanger system in the Senior Center living room courtesy of the Friends of the Council on Aging! At the moment we have various senior artists displaying their watercolor works but we are looking to schedule ongoing shows. If you have work, either artwork or photography, that is framed and ready to hang please contact the Council on Aging to schedule your own show!

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**The first display is presented by Acton resident Bev Fell, a watercolor artist. Her work will represent landscapes and still life. Bev was born and raised in Massachusetts, a graduate of the Mass. College of Art. Her career involved working in advertising art for both printers and publishers and as a graphic designer in text book publishing. Please greet Bev and enjoy her work at a reception on Tuesday, June 15<sup>th</sup> from 2:00-3:00 p.m. Light refreshments will be served.**

### ACTON HANDYMAN PROGRAM

The Acton Handyman Program, staffed entirely by volunteers, is designed to help Acton senior residents with **small** repairs and **simple** household jobs. Some jobs we can handle are:

- Glue loose handrails, chair legs, etc.
- Light bulb/smoke detector battery replacement
- Tacking down loose carpet for safety
- Unsticking doors and windows
- Basic carpentry
- Mattress flipping
- Simple computer, TV, VCR, DVD connections and more!

**Call the COA to request Handyman service.**

*This well-used volunteer service should not take the place of hiring professional help for the multitude of jobs needed to set up a new household. We hope to suggest resources to help you find the help you need. Always check references before hiring any in home services.*

### ACTON COA STAFF

**Jean, Fleming, Director**

**Barbara Winders, Assistant to the Director**  
**Carol Steiner, Outreach/Volunteer Coordinator**

**Debby Mozzicato, Program Coordinator**

**Ron Paskavitz, Van Driver**

**Steve Ryan, Substitute Van Driver**

The computer techs will return in September.  
Watch the September newsletter for the  
scheduled time to call in with questions.

### **Health Insurance Counseling/SHINE**

**The SHINE Program** assists seniors with **their health insurance and prescription drug concerns** and is administered by Minuteman Senior Services.

**Please call the Acton Council on Aging office at (978) 264-9643 with your requests for this service** and we will relay your information to the SHINE counselor for Acton, **Maryjane Costello. Maryjane will return your calls on Monday of each week**, unless it is critical that you speak with her sooner.

### **Durable Equipment Loan Cellar**

The Acton COA maintains a **cellar** of donated durable medical equipment, which can be loaned out to Acton seniors as needed. We appreciate all of your donations! Please call us if you have something you think we can use.

**Tub benches, shower chairs and raised toilet seats** are often in short supply so if you have one taking up valuable space, we would be glad to add it to the loan cellar.

**At this time we cannot take any more commodes or standard folding walkers.** We have plenty to loan.

**Please do not “drop off”** donations without calling ahead.

**All donated equipment must be clean and in very good condition.**

### **To Live in Acton**

Final Wrap – up Meeting  
Tuesday, June 22<sup>nd</sup>, 7:30 p.m.  
Acton Town Hall, Room 204

TO LIVE IN ACTON is a strategic plan that has been worked on over the past several months with Acton residents. It identifies Acton's housing needs in the coming decade, especially for low and moderate income households, and maps out strategies to meet those needs. This meeting will present the final draft and will be the last opportunity for public comment. For additional information or to request accommodation for persons with disabilities, please contact the Planning Department at (978) 264-9636.

## **Medicare Endorsed Prescription Discount Cards**

I know that many of you are wondering who should apply for one of the Medicare prescription drug discount cards.

If you have no other prescription drug coverage or are paying for your prescriptions directly after using all of your drug benefit, signing up for one of these cards could provide, on average, a 10-15% discount on the price of your prescription drugs.

If your income is below \$12,756 for an individual or below \$16,872 for a couple, you are eligible to apply for a \$600 credit that can be used to pay for your prescription drugs. I highly recommend that anyone who falls into these income categories apply for a discount card.

The first step in applying for a discount card is to determine which one will give you the maximum benefit for your prescriptions. There are two sources for this information.

Your first step in both cases is to get a list of your current prescriptions and their retail prices from your pharmacist.

Call 1-800-MEDICARE and one of the customer service representatives will review your list of medications to determine which of the discount cards will save you the most money. This service is available 24 hours a day, 7 days a week. It is best to call early in the morning or later in the day to avoid long waits.

You can also call MassMedline, a service of the University of Massachusetts Medical School, at 1-866-633-1617. They will send you an information request form that they will use to determine the best discount card match for you.

Please call me at (978) 264-9643 if you need any more detailed information on the discount cards or on how to apply for one.

*Maryjane Costello*  
*SHINE Counselor*

### **NARA Park Beach Memberships**

The **NARA Park beach** will open for the season on **Saturday, May 29<sup>th</sup>** and will be open daily from 10:00 – 6:00 p.m. prior to June 21<sup>st</sup>. Weekend and summer hours of operation will be 9:00-7:00 p.m. daily. The beach will close for the season on Monday, September 6<sup>th</sup>. Memberships can be purchased at the Acton Town Hall in the Recreation Department office.

### **COA Van Schedule**

The Acton COA van is available to all Acton seniors (age 60 and over) and disabled Acton residents. The van is available Monday through Friday, reservations should be made weekdays between 8:00-12:00 noon by calling (978) 264-9651. Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to CALL AT LEAST A DAY in advance, sooner if possible. No out of town pick up after 2:30 p.m. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

### **The Town of Acton Encourages Applications for Exemptions**

The **Community Preservation Act (CPA)** has been adopted by voters. Two exemptions to the CPA Property Tax Surcharge are available. **First Exemption:** Requires no application and exempts the first \$100,000 of assessed property value.

**Second Exemption:** Requires an application to be filed annually.

**A complete exemption to the CPA surcharge is available for:**

- 1) **A couple, both 60+, with combined income of less than \$59,360.**
- 2) **A senior, 60+, living alone with an annual income less than \$51,940.**
- 3) **A low income family of four earning less than \$59,360.**

Forms are available at the Assessor's Office, Libraries and the Council on Aging. **For information, please call the Acton Finance Department at (978) 264-9622.**

### **SENIOR CENTER CLINICS**

**Hearing:** **Thursday, June 10<sup>th</sup>, July 8<sup>th</sup> and August 12<sup>th</sup>, 1-3 p.m.** at the Senior Center. Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free. **Please call to register.**

**Podiatry Clinic:** **Friday, June 4<sup>th</sup>, July 2<sup>nd</sup>, August 6<sup>th</sup> and September 3<sup>rd</sup>; 8-10:00.**

Sponsored by the Acton Nursing Service. There is a charge of **\$20.00\***. The purpose of the clinics is to provide podiatry services that are not covered by insurance. Dr. Teresa Burtoft, DPM, provides basic services such as evaluation and nail clipping. \*This clinic is funded by the Friends of the Acton Nursing Service. Fee can be waived in case of financial hardship.

**Call 978-264-9653 for an appointment for Podiatry and Cholesterol Clinics.**

**Cholesterol Screening:** The next clinic will be held on **July 13<sup>th</sup>**. Please call the **Nursing Service at 978-264-9653** to schedule an appointment or if you have any questions. Fee \$10.00

**Blood Pressure:** **Tuesday, June 8<sup>th</sup>, July 20<sup>th</sup> and August 10<sup>th</sup>, between 9 and 11 a.m.** The Acton Public Nursing Service sponsors free monthly blood pressure clinics at the Senior Center. No appointment is necessary.

Fuel Assistance applications are over for this heating season.

The Friends of the Council on Aging manage an **Emergency Fuel Assistance Fund**; contact Jean Fleming at the COA for information. (978) 264-9643

### **Senior Day at NARA Park Tuesday, August 24<sup>th</sup>; 10-2**

Come to the park and bring your bathing suit! We have planned a summer barbeque complete with games, entertainment and swimming...we just need you! Join us at the bath house area for bocce and horse shoes, walks around the perimeter trails, **a barbeque lunch at 11:45** and some fun; the swimming part is up to you! This is sponsored by the Council on Aging but we will be mingling with the townspeople who use NARA Park. **Cost is \$5.00 payable at sign-up in the COA office.** **Raindate is Tuesday, August 31<sup>st</sup>.**

### **Senior Cinema: Thursdays at 12:30 p.m.**

#### **Thursday, June 3<sup>rd</sup>: "Welcome to**

**Mooseport"** – Gene Hackman stars as a former U.S. President retired in small Maine town. He hopes to write his memoirs but ends up running for mayor.

**Thursday, June 10<sup>th</sup>: "Mystic River"** – Three childhood friends reunite after a brutal murder takes place. Filmed in Boston.

**Thursday, June 17<sup>th</sup>: "Girl With the Pearl Earring"** – A teenage girl becomes a family servant in Delft and develops a relationship with the artistic head of household.

**Thursday, July 1<sup>st</sup>: "The Fog of War"** – Documentary of Former Secretary of Defense Robert S. McNamara and his decisions during the first half of the Vietnam War, his childhood and education.

**Thursday, July 8<sup>th</sup>: "Miracle"** – Based on the true story of the 1980 Winter Olympics in NY.

**Thursday, July 15<sup>th</sup>: "Touching the Void"** – In 1985 two adventurous mountaineers set-off to climb the treacherous face of the Suila Grande in the Peruvian Andes. The trip up was one thing, the trip down life threatening.

**Thursday, July 29<sup>th</sup>: "Duplex"** – Darkly hilarious comedy about a young couple who have just found the perfect place to settle down; they think! An elderly neighbor makes things difficult!

**Thursday, August 5<sup>th</sup>: "Pirates of the Caribbean"** – An adventure about pirates and an evil curse.

**Thursday, August 19<sup>th</sup>: "In America"** – An Irish family immigrates to American via Canada and struggles with life in New York City.

**Thursday, August 26<sup>th</sup>: "Chasing Liberty"** – The 18 year-old daughter of the President slips away from the Secret Service during a European vacation and into the romantic arms of a British boy.

### **Summer Movie Mania at the COA!**

What is "movie mania"? We offer two movies, in an air-conditioned setting, with a pizza lunch break in the middle. Please call the COA at least the day before a "mania day" to sign up and order the pizza of your choice at \$1.50 per slice. **All movies start at 10:30 and 1:00.**

**Friday, June 25<sup>th</sup>, July 16<sup>th</sup> and Friday, August 13<sup>th</sup>.** Call the COA office to see what's playing on these days and place your pizza order.

### **Alzheimer's Services**

#### **Alzheimer's Association Helpline:**

**1-800-548-2111.**

#### **Monthly evening support group:**

**Wednesdays, June 16<sup>th</sup>, July 21<sup>st</sup> and August 18<sup>th</sup>, 6:00-8:00 p.m.** at the Acton Senior Center. **For information, call Jean Fleming at (978) 264-9643.**

**New Acton group** meeting at the Inn at Robbins Brook on the 4<sup>th</sup> Tuesday of each month at 6:00 p.m. The group is open to family members and caregivers of someone with Alzheimer's Disease or other related dementias. For more information, please call Joanne Shaughnessy at (978) 264-4666.

#### **Early stage Patient and Partner Support**

**Group: First Tuesday of each month, 3:00 – 4:30 p.m.** Cooperative Elder Services Adult Day Center, 7 Chamberlin Drive, Concord. Call Arlene Parillo at (781) 863-1166.

#### **Monthly morning support group:**

**3<sup>rd</sup> Tuesday of the month at 10:30.** Concord Park Assisted Living Residence in West Concord. **Call Pat Oliphant (978) 318-0046.**

**Cooperative Elder Services, Inc.** runs an **Adult Day Health and Alzheimer's Care Program** at their center in Concord. Please call **Pat Oliphant at (978) 318-0046.**

**Minuteman Senior Services** provides, free **in-home consultations.** Please call **978-263-8720** for more information.

### **Metrowest Caregiver Support Project**

Minuteman Senior Services is offering in home caregiver consultation and training free of charge to any caregiver of a senior (60 and over) in this area. Michelle Hughes is a registered physical therapist with more than 20 years experience in a variety of health care settings. She can help caregivers with concerns and questions about home safety, fall prevention, safe transfer techniques, back care, wheelchair management and use of adaptive equipment. Please call Minuteman Senior Services at (978) 263-8720 for more information or to request this service.

### **Christmas "Crafting" in July with Ruth**

**July 15<sup>th</sup> and July 22<sup>nd</sup> at 12:30**

Join this group to make a Christmas felt gift to be sent out with Meals on Wheels in December! We always have fun together!

### COUNCIL ON AGING Trip Policies

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check. Some trips fill up very quickly.
2. **Payment is required two weeks prior to the trip, unless otherwise noted.** If payment is not received in time, your name will be removed from the sign-up and a wait-listed person will be contacted. **We will return your check if you cannot go and if your place can be filled.**
3. **Checks** should be made out to: The **FRIENDS of the Acton COA.** You may deliver your check to the office or mail to: COA, Town Hall, 472 Main Street, Acton
4. **Please park** towards the **back** of the lower parking lot, away from the function hall **behind St. Elizabeth of Hungary Church, 89 Arlington Street.**
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the FRIENDS.
6. **Always bring a copy of your FILE OF LIFE card with you on trips.** If you do not have it you may be denied a seat on the trip.
7. **When signing up for a trip it is expected that each traveler will participate in every aspect of a trip.** Staying on the bus is not an option.

Please call the COA office to sign up for trips.

### The TALL SHIPS at Quonset Point, RI Tuesday, July 20<sup>th</sup>

Join us for a wonderful day of touring and dining! We will travel to the Quidnessett Country Club in North Kingstown, Rhode Island, for a delicious lunch with a view of Narragansett Bay, and then on to view the Tall Ships, by tour boat, at Quonset Point. This trip is rain or shine, but let's hope for the shine!

**COST: \$53.00**

**Depart: St. Elizabeths Church Lower Back Parking Lot at 9:30 a.m.** (approx. return 5:00)

**Full payment due by June 1<sup>st</sup>; Trip full, waitlist only.**

### Lowell Spinners vs. Oneonta Tigers Tuesday, August 3<sup>rd</sup>

These evening ball games, in LeLacheur Park, are so much fun! Please join us to watch great baseball under the lights! The cost of the trip includes your game ticket and bus ride; your choice of food at the park is a separate expense. These games sell out quickly so please call to reserve your seat!

**COST: \$15.00**

**DEPART:** St. Elizabeth's Church, lower back lot at **4:30 p.m.**

### The Boston Red Sox in Acton!

Come catch an afternoon ball game at the Senior Center on our big screen television! Game days are **Thursday, June 24<sup>th</sup> vs. Minnesota, Friday, July 22<sup>nd</sup> vs. Baltimore and Thursday, August 12<sup>th</sup> vs. Tampa Bay.** Game time 1:00. Let's go Red Sox!

### Prevention Tip from Minuteman Senior Services: "Rethinking Jointly-held Bank Accounts"

Jointly held bank accounts are a convenient option for many who wish to permit another to have access to a bank account. However, many do not realize that this benefit comes with risks. For example, if a mother has a joint account with her daughter, the daughter has the right to completely withdraw those bank funds. Furthermore, the daughter's divorcing husband or creditor may have a claim to those funds. If there are other children, they may be partially disinherited because the daughter will receive these funds at the mother's death and may be unable or unwilling to share those funds with her siblings.

The Council on Aging and Acton Senior Center will be closed:  
Memorial Day, Monday, May 31<sup>st</sup>  
Independence Day, Monday, July 5<sup>th</sup>  
Labor Day, Monday, Sept. 6<sup>th</sup>



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**Your Legislators**

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(617) 565-3170 (Boston)

E-mail: [senator@kennedy.senate.gov](mailto:senator@kennedy.senate.gov)

**John Kerry**

Phone: (202) 224-2742

(617) 565-8519 (Boston)

E-mail: [www.senate.gov](http://www.senate.gov) and click on

John Kerry

**U.S. House of Representatives:**

**(5<sup>th</sup> District of Massachusetts)**

**Marty Meehan**

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**Massachusetts State Senate:**

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**Massachusetts House of Representatives:**

**14<sup>th</sup> Middlesex District**

**(Acton precincts 1, 2 & 6)**

**Cory Atkins**

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**37<sup>th</sup> Middlesex District**

**(Acton precincts 3, 4 and 5)-James B. Eldridge**

Phone: (617) 722-2060

[Rep.JamesEldridge@hou.state.ma.us](mailto:Rep.JamesEldridge@hou.state.ma.us)

The **Veteran Homestead Medical Van** is at Acton Town Hall on **the fourth Wednesday of the month, 10 a.m. to 3 p.m.** for health screenings and to address other health concerns.

**An Evening in the Park 2004**

Come enjoy the Thursday night 2004 Summer Concert Series at NARA Park. The concerts are scheduled from 6:00-8:00 p.m. unless otherwise noted. All concerts are held in the NARA Park Amphitheater and are family oriented. Bring a chair or blanket, some munchies and sit back, relax and enjoy the performance. Look for more information in local papers.

June 24<sup>th</sup> – Selectman's Concert (6-7:30 p.m.)

July 1<sup>st</sup> – Rumbafrica

July 8<sup>th</sup> – T-Bone

July 15<sup>th</sup> -Magician Scott Jameson (6-7:30 p.m.)

July 22<sup>nd</sup> – Peggo and Paul

July 29<sup>th</sup> – Jon & Tricia

August 12<sup>th</sup> – All Together Now

August 19<sup>th</sup> – Musique Makers

August 26<sup>th</sup> – 60's Invasion